

THE BOOK OF DESTINY



PHOSFERINE

THE GREATEST OF ALL TONICS



THE PROVEN REMEDY FOR

Neuralgia	Brain-Fag	Sleeplessness	Nervous Debility
Anæmia	Palpitation	Hysteria	Maternity Weakness
Rheumatism	Faintness	Neurasthenia	Nervous Dyspepsia
Sciatica	Influenza	Malaria	Muscular Limpness
Indigestion	Melancholia	Loss of Appetite	Stomach Disorders
Backache	Exhaustion	Lumbago	Premature Decay
Lassitude	Headaches	Faintness	Depression of Spirits

and all disorders consequent on a reduced state of the nervous system.

THE ROYAL EXAMPLE

Phosferine is used by the Royal Families of Europe, which, in plain language, means that every user of Phosferine knows and feels that the famous Tonic is commended by the greatest living physicians

No other Medicine has received such absolute proof of its extraordinary properties in restoring Shattered Constitutions, and in giving back to the prematurely aged New Life and energy.

THE REMEDY OF KINGS

Phosferine has been supplied by Royal Commands to

The Royal Family
H.I.M. the Empress of Russia
H.M. the King of Greece
H.M. the Queen of Roumania
The Imperial Family of China

H.R.H. the Grand Duchess of Hesse
H.I.M. the Dowager Empress of Russia
H.R.H. the Crown Princess of Roumania
H.I.H. the Grand Duchess Olga of Russia
H.I.H. the Grand Duchess Serge of Russia

And the Principal Royalty and Aristocracy throughout the World.

Phosferine Repairs and Re-inforces the entire Nerve System.

Bottles, 1/1½, 2/9, and 4/6. By post 1/3, 3/- and 4/9. Sold by all Chemists, Stores, &c.

The 2/9 size contains nearly four times the 1/1½ size.

ASHTON & PARSONS, LTD., La Belle Sauvage, Ludgate Hill, London, E.C.

First and Foremost—

THE BOOK OF DESTINY is intended to afford entertainment, and it is, of course, recognized that the meanings which investigators attribute to the lines that character, age, work or affliction trace upon the hands may be accepted or rejected according to the discretion of our readers. The designs and descriptive text are specially compiled in a simple form, in order to show at a glance those forecasts of destiny, or glimpses of the future, which, at some time or other, fascinates everyone. To read the future, to wring from its mists the *certain* assurance of Health, Happiness, or Prosperity, take measures *now* to ensure these conditions, realise *now* how completely Phosferine revitalises thousands of distinguished men and women, enabling them to use their abilities and achieve their brightest ambitions. The testimony of all the celebrated people quoted hereafter, proves how unfailingly Phosferine gave them the energy and vigour to attain their greatest successes, and in effect—to *make their own future.*

Yours faithfully,

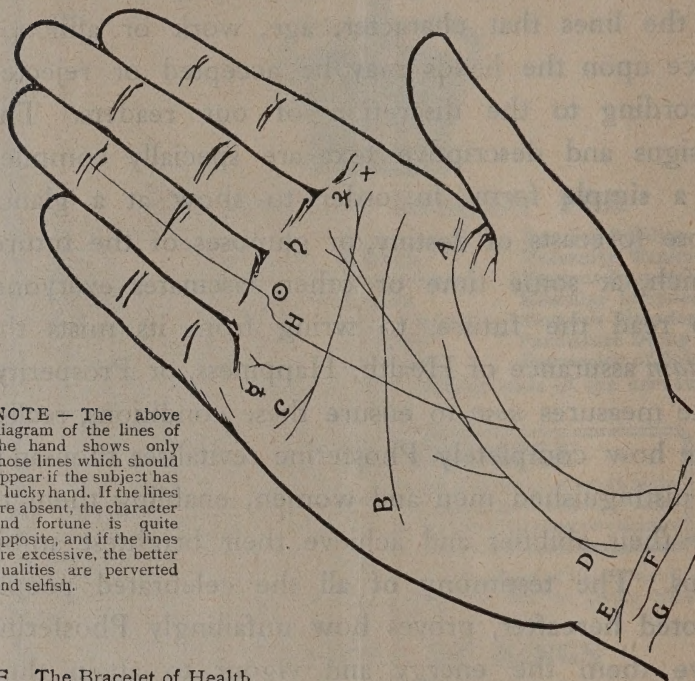
ASHTON & PARSONS, LTD.



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THE LUCKY HAND

- A. Line of Life—long and deep, means long life and good health.
- B. Line of Head—regular, long, narrow means strong mind, and decision.
- C. Line of Heart—long, deep, narrow and well marked, means strong and lasting love.
- D. Line of Fate—long and continuous, means a brilliant destiny and uncommon fame.



NOTE — The above diagram of the lines of the hand shows only those lines which should appear if the subject has a lucky hand. If the lines are absent, the character and fortune is quite opposite, and if the lines are excessive, the better qualities are perverted and selfish.

- E. The Bracelet of Health.
- F. The Bracelet of Wealth.
- G. The Bracelet of Happiness.
- H. Line of Fortune—straight and long, means honours, success, riches.
- ♂ Mount of Jupiter—love and ambition, happy marriage.
- ♄ Mount of Saturn—distinction in Art or Science.
- ☉ Mount of Apollo—Genius in Art.
- ☿ Mount of Mercury—Witty, Eloquent, Scientific.

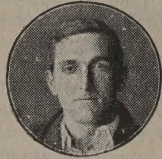
Phosferine creates Vitality to maintain Life-long Health

How Famous Athletes Succeed

Mr. C. B. FRY

The Famous Triple Blue and all-round Athlete, writes :

"I am pleased to testify to the merits of Phosferine, and to recommend it as a tonic. Nearly everyone in stress of mental or physical work suffers at times from nervous exhaustion. Staleness in athletes is a form of nervous exhaustion. In such cases Phosferine is, in my opinion, a first rate Tonic."



APOLLO

The Ideal Athlete, writes :

"Phosferine is the only remedy that quickly pulls me round; especially have I found it give relief in the tired feeling caused by depressing or hot weather. I was prostrated with sciatica and neuralgia and found the tonic a real good thing, and for the weariness induced by over-training and sustained exertion. Phosferine is a remedy that has never failed me."



TOM BURROWS

The World's Champion Club Swinger, writes :

"There were times when I should certainly have broken down but for a few kindly doses of Phosferine. The tonic winds me up, in a manner of speaking, and undoubtedly increases my powers of endurance magnificently, and also enables me to withstand the effects of fatigue surprisingly well. Both before and after any one of my feats Phosferine has always exerted a wonderfully beneficial effect, and I am convinced that without a dose or two of the tonic I could never have got through some of my big displays."



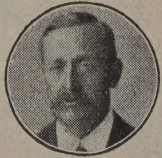
Mr. W. G. EAST

The King's Bargemaster, writes :

"I have made regular use of Phosferine for years to brace myself up for a race and to prevent any chill afterwards. Phosferine considerably increases one's powers of muscular endurance, and prevents any feeling of the strain, physical distress, or stiffness, which usually results from hard pulling."

"Since taking Phosferine I have been free from Neuralgia and Influenza, and have a better appetite and sleep well, and taking it all round am sure I owe it to Phosferine that I keep so well as I do; Phosferine is the only tonic that agrees with me."

Photo by W. S. Stuart, Richmond



STEVE BLOOMER

The Great International Football Player, writes :

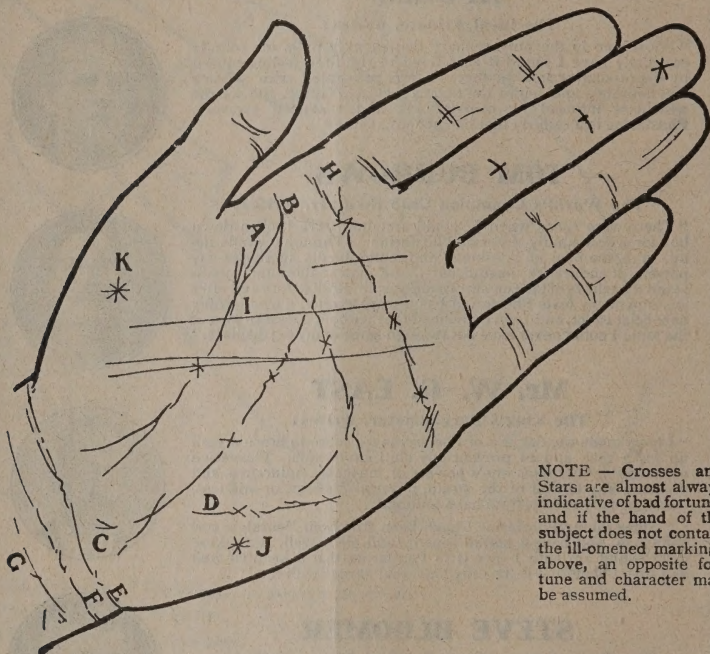
"For those distressing nervous complaints, which are ever ready to attack an overtrained system, I have not found any remedy have such magical and permanent effects as Phosferine. I have fallen back on its aid in muscular lassitude and sleeplessness, and in no instance has it failed me."



Phosferine ensures Stamina and Muscular Energy

THE UNLUCKY HAND

- A. Line of Life—short, broken, forked, means illness, early death.
- B. Line of Head—thin, interrupted, means misfortune, failure.
- C. Line of Fate—broken, irregular, means early sorrows, great struggles and failure.
- D. Line of Health—if absent, shows strong constitution, crossed by small lines, means serious ill-health.
- E. F. & G. The Bracelets of Health, Wealth and Happiness, broken and faint, means suffering and hardships of poverty.
- H. Line of Heart—broken and crossed, poorly marked, means disappointment, unfortunate love, and grievous sorrow.



NOTE — Crosses and Stars are almost always indicative of bad fortune, and if the hand of the subject does not contain the ill-omened markings above, an opposite fortune and character may be assumed.

- I. Lines across the palm intersecting the Life, Head, and Heart Lines, means monetary losses and difficulties.
- J. Star indicating danger to life from water.
- K. Star indicating unhappy marriage.

Phosferine always gives Energy for Renewed Efforts

How Peeresses ensure Health



Countess de Fleury

writes :—" Phosferine is an invaluable and excellent remedy in cases of severe neuralgia or nervous headache, and effective in Rheumatism and kindred illnesses."

Nina, Countess of Seafield,

writes : " Phosferine is a splendid Tonic in cases of weakness, neuralgia, and rheumatism."

"The Marchioness of Anglesey

will be obliged for two more bottles of Phosferine; she is sorry to trouble again so soon, but her last bottle is given away—it is so popular among her friends."

Lady E. C. Briggs,

War Correspondent for the 'Morning Post'

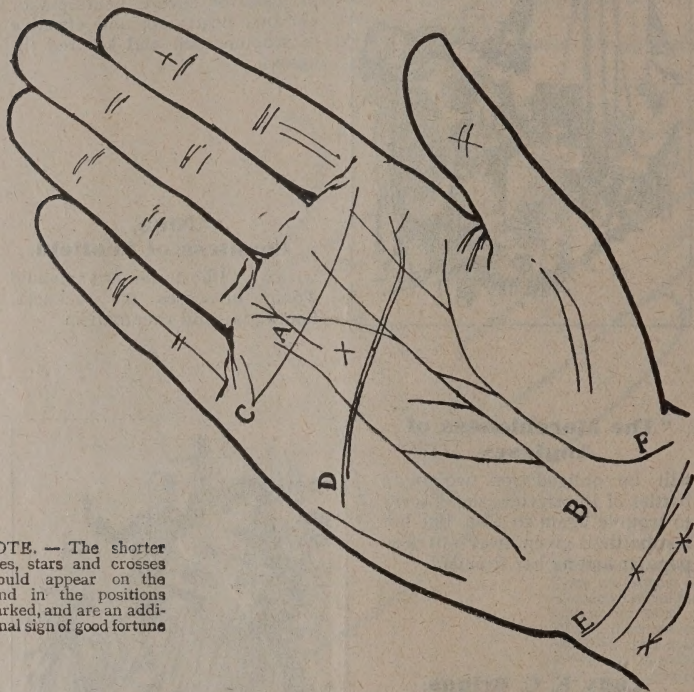
5, Charles Street, London, W., writes : " Phosferine is very efficacious as a brain and nerve tonic and a powerful restorative in cases of headache and neuralgia."



Phosferine is used by Everybody Everywhere

THE WEALTHY HAND

- A. The Line of Fortune—if deep, straight, long and narrow, means riches.
- B. The Line of Fate—if running straight up palm to root of second finger, unbroken, and without crosses, means steady accumulation of riches.
- C. Line of Heart—if thin, straight, uncrossed, shows wealth will be acquired by marriage.



NOTE. — The shorter lines, stars and crosses should appear on the hand in the positions marked, and are an additional sign of good fortune

- D. Line of Head—if long, narrow, separated from other lines, shows confidence and success in speculation.
- E. The Bracelets of Health, Wealth, and Happiness—if starred or crossed, show inherited wealth.
- F. The Line of Life—if long, narrow, deep, with branch running up to Head Line, shows persistent industry and acquirement of wealth.

Phosferine gives Vitality to Win, and Health to Enjoy Success

How Prima Donnas are Helped

Madam FANNY MOODY

The Moody Manners Opera Company, writes:—

"I have used Phosferine and can vouch for the extraordinary restorative properties it possesses. It keeps the voice in first-class condition, and is invaluable for dispelling Nervousness, Neuralgia, Headaches, and also an excellent preventive against chills and influenza."



Mdlle. Ghita Corri, Prima Donna

Dramatic Soprano, Italian Opera, Albert Hall, &c., writes:

"I find Phosferine wonderfully invigorating, and extremely helpful and recuperative after fatigue. It is a real and efficient restorative, and of great benefit to me and keeps me in unflinching and vigorous health."



Mdlle. Suzanne Morival Prima Donna

Covent Garden Opera

Colonel HENRY MAPLESON, President of the "Societe Internationale de Musique, 6, Cork St. London, W., writes:—"Mdlle. Suzanne Morival, the French Opera Prima Donna, suffered from a bad attack of influenza, which a doctor was unable to cure, but after taking a few doses of Phosferine she was perfectly cured."

"Mdlle. Morival finds Phosferine stimulates the vocal chords and removes nervous depression and there is no doubt her improved health and appetite are due to the tonic."

[Photo by W. & D. Downey]



Madam Clara Novello Davies

Conductor of the Royal Welsh Ladies' Choir, writes:—

"I find Phosferine to be indeed a sovereign remedy in all cases of nervous breakdown, and have much pleasure in recommending it, especially to sufferers from Rheumatism, as unflinching in its effects when taken to repair the damages wrought by overwork or worry."

[Photo by Dover Street Studio]



Miss ISABEL JAY

The Charming Queen of Comedy, writes:—

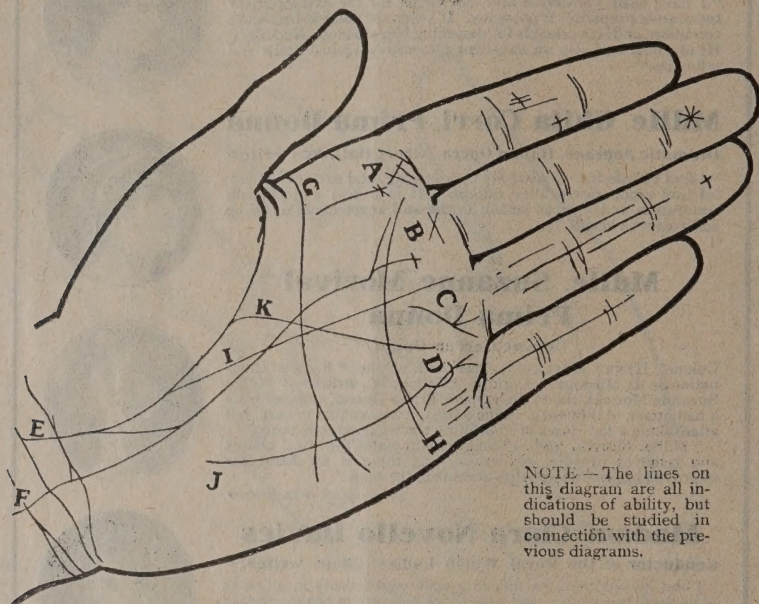
"It gives me much pleasure to tell you that I have used your Phosferine for several years, and have found it most beneficial, not only for bracing one's nerves, but as a voice tonic. On matinee days, I often take a dose between the performances because I find it prevents that feeling of fatigue which two performances a day sometimes causes. I always recommend it to my friends if they are a bit 'run down,' especially during rehearsals."



Phosferine Infuses Vitality and Energy into the System

THE CLEVER HAND

- A. Mount of Jupiter—strongly marked, means Ambition.
- B. Mount of Saturn—if pronounced, means Wisdom.
- C. Mount of Apollo—if triple forked, means Genius.
- D. Mount of Mercury—if long and sharply defined, means Inventiveness.
- E. Line of Life—If starting from the bracelets and linked to Line of Fate, long and unbroken, means brilliant powers throughout a long life.



NOTE—The lines on this diagram are all indications of ability, but should be studied in connection with the previous diagrams.

- F. Line of Fate—if proceeding from bracelets or Line of Life, uncommon fame achieved by personal efforts.
- G. Line of Head—if running right across palm without a break, and not joined to Line of Life, shows exceptional judgment, strength of mind and confidence. The forked ends show statesmanship.
- H. Line of Heart—if commencing high up on Mount of Jupiter and running to Mount of Mercury, unbroken, narrow and deep, it betokens a wise control of the affections.
- I. Line of Talent—if starting from Line of Life and proceeding to Mount of Apollo it denotes great distinction.
- J. Line of Intuition—if curving towards Line of Fate and crossing Lines of Head and Heart, shows extraordinary perception, grasp of detail, etc.
- K. Line of Art—if this line is present and runs from the Line of Life to the Mount of Apollo or Mercury, artistic successes are foreshadowed.

Phoslerine Restores Mental and Physical Energy.

HOW CLERGYMEN FIND ENERGY



The Rev. W. Thwaites

Egremont Rectory, Cumberland, writes: "Phosferine enables me to accomplish any great physical strain with ease and comfort. Stiffness and sciatica vanish a few hours after taking Phosferine."

Mr. T. P. Icely,

London City Missionary,

79, Brayard Road, Peckham, writes: "I can confidently recommend Phosferine in cases of nervousness, depression, and brain-fag, as having myself tried it several times, I always regained health and strength."

The Rev. J. W. Clayton

20, Alexandra Terrace, Haslingden, Lancs., writes: "Phosferine is an excellent remedy for influenza, with its depression, and nervous after-effects, and invaluable in nervous headaches and debility."

The Rev. G. B. Taylor,

St. Luke's Parsonage, Barbados, writes: "I have used Phosferine with great advantage to mind and body, and it has assisted me considerably in recovering from nervous strain and brain-fag."



PHOSFERINE REJUVENATES JADED SYSTEMS

WHAT THE HAND REVEALS

IN reading character or foretelling the past and future from the hands, the size, shape, length of the entire hands and of the fingers and nails must be carefully considered in conjunction with the lines. To enable the beginner to readily accomplish this, we have tabulated the various features as follows:

THE HANDS

Long Hands	denote	Care, Order, Detail
Thin	„	Aesthetic Taste
Short	„	Hasty Judgment, Lack of Reflection
Small	„	Vivacity, especially if soft
Limp	„	Indolence
Firm	„	Vitality, Industry
Plump	„	Good Nature
Smooth	„	Imagination, Inspiration
Soft	„	Luxury, Laziness
Bony	„	Analysis, Method

Should the first and second fingers be widest apart when the hand is held open and relaxed, an original and independent mind is revealed; if, however, the third and fourth fingers are widest apart it signifies independence of conduct; if both conditions are present there is remarkable purpose and creative power.

THE FINGERS

The Thumb,	if	turned Inwards,	denotes Greed, Covetousness
„	„	Outwards	„ Generosity, Frankness
The First Finger,	if	Long,	denotes Thrift, Reflection
„	„	Pointed	„ Keen Perception
„	„	Square	„ Truth, Honour
„	„	Spade-shaped	denotes Boastfulness
The Second Finger,	„	Pointed,	denotes Vanity
„	„	Square	„ Caution
„	„	Spade-shaped,	denotes Energy
The Third Finger,	„	Pointed,	denotes Idealism, Artistic Refinement
„	„	Square	„ Logic
„	„	Spade-shaped,	denotes Dramatic Powers
The Fourth Finger,	„	Pointed,	denotes Eloquence
„	„	Square	„ Reason

Phosferine assures the regularity of Bodily Functions.

What Authors Rely Upon

"RITA"

The Celebrated Authoress of "Souls," writes:—

"I have derived great benefit from the use of Phosferine, especially when fagged or exhausted after a long spell of brainwork. The severe strain caused by hours of mental labour is only too well known to writers and physicians. Phosferine stimulates the fatigued brain without producing any bad effects. It relieves that sense of weariness and depression inseparable from prolonged mental efforts. I have also found it excellent for attacks of neuralgia."

[Photo by Elliott & Fry]



Mrs. GEORGE CORBETT

Authoress of "Little Miss Robinson Crusoe," writes:—

"Phosferine is simply invaluable for nervous headaches, caused by prolonged brainwork, and I strongly recommend its use in cases of depression and exhaustion. No other remedy has such wonderful *restorative* and *vitalising* properties as Phosferine."—Ravenscroft, Fairlawn Park, Chiswick.



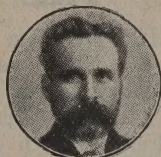
Professor HARRIS-BICKFORD

Author, Journalist, and Literary Tutor, writes:—

"I experienced brain-fag, lack of energy and nerve exhaustion, ending in complete breakdown. Phosferine quite renewed my energy and I am now working vigorously again."

"I have proved Phosferine of inestimable value as a safe pick-me-up, brain-mender, and restorative generally, and without it I could not get through the amount of work I do."—The Bookeries, St. Day.

[Photo by H. Opie & Sons, Redruth]



Mr. R. P. WATSON

The Famous Sporting Editor and Referee for "Sporting Life," writes:

"I experienced a great deal of lassitude and brain-fag, I got a bottle of Phosferine and its effect was remarkable in restoring my health and energy."

"I can cordially recommend Phosferine to athletes as a pick-me-up when suffering from the effects of over-training."



Dr. Ramsay Colles, M.A., L.L.D. J.P., F.R.Hist.S., &c.

Author of "A Study of Swinburne," &c., writes:—

"I have much pleasure in stating that I have derived great benefit from the use of Phosferine. It is an invaluable restorative in cases of severe mental strain, and unequalled as a remedy for nervous disorders."

[Photo by Lafayette]



Phosferine provides Energy for Mental & Bodily Activity

THE FINGER NAILS

IF broad and square at the root and of a reddish colour, they indicate passionate temper, pugnacity.

Nails of a deep red and spotted with white dots show a hard disposition. Short, regular nails are signs of precision and critical faculties.

Large, curved nails reveal business talent.

Nails shorter than their width denote an argumentative and obstinate mind.

Filbert nails denote a refined, fastidious and forgiving nature,

Nails which curve closely at the tips record some spinal weakness.

If the nails are large and bluish in colour, it indicates a weak heart.

Wide, ridged, or fluted nails with curved tips, show a predisposition to consumption.

Narrow and brittle nails, easily splitting, are evidence of debility.

Uniformly thin nails indicate poor health.

Thick nails accompany great vitality and an animal nature.

THE SKIN OF THE HANDS

A Hot, Dry Skin indicates excitability, indecision, impulse, ardour, generosity.

A Hard, Coarse Thick Skin indicates dull understanding, violent temper, superstition, restlessness.

A Fine, Smooth Skin indicates enthusiasm, vivacity, versatility, a poetical, artistic, dainty but exacting nature.

A Moist, Clammy Skin indicates ill-health, (bilious or lung troubles) jealousy, physical weakness.

A Wrinkled, Seamed Skin indicates susceptibility, emotionalism, and lack of control.

A Firm, Hard Skin indicates pride, industry, energy, strong attachments with self-sacrifice, cheerfulness, determination.

A Hairy, Cool Skin indicates courage, vitality.

A Puffy, White Skin indicates selfishness, an opinionated, suspicious and crafty nature.

A Drawn, Cold Skin indicates nervousness, apprehension, sensitiveness, logic, scholarly and scientific abilities,

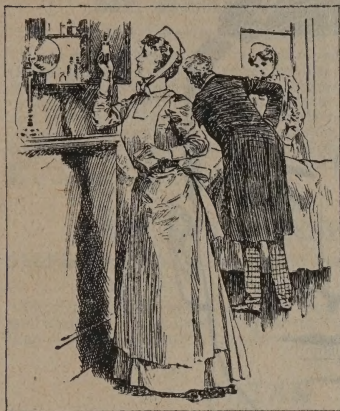
A Loose, Limp, Unfeeling Skin indicates laziness, callousness, unreliability

A Tight Thin Skin indicates acquisitiveness, and an envious, grudging, irritable disposition.

A Soft, Smooth Skin indicates impressionability, indiscretion, carelessness, conceit, active brain, stubbornness and luxury.

Phosferine remedies original weakness of vitality

How Hospital Nurses benefit



Mrs. E. Sheppard

Matron, Handford Home

Ranelagh Road, Ipswich, writes :
" Phosferine has had marvellous
effects in acute Neuralgia. I re-
commend sufferers from Weakness
and Cramps to try Phosferine."

Sister Eva

Authoress of 'Scenes in the Life of a Nurse'

The Nurses' Hostel, 338, Oxford Rd.
Manchester, writes : " I derived
great benefit from Phosferine for
sleeplessness, loss of appetite and
that run-down, tired feeling."

Nurse M. G. Keys

*London Obstetrical Society and
Mothers' Home*

141, South Croxted Rd., West Dul-
wich, S.E., writes :—" For some
years I have used Phosferine, and
cannot speak too highly of it as
a tonic and cure for all pains."

Nurse Foster

41, Hughes St., Rodbourne Rd.,
Swindon, Wilts, writes :—" I have
been taking Phosferine for ner-
vous breakdown and think it is a
wonderful and invaluable tonic."



Phosferine is used by Royal Physicians and Nurses

THE SUCCESSFUL FACE



HOW TO RECOGNISE IT

- The Face will be firm and thin, denoting self-control and restraint.
- The Lips will be long and thin, denoting humour, liveliness, courage, industry.
- The Chin will be square and well defined, denoting firmness and reason.
- The Ears will be set well back, high up, with the openings in a line with the eyes, and of a medium size, firm, with deep folds, such ears denoting refinement, culture, and high intelligence.
- The Nose will be straight, broad, and proportions bold, denoting energy, endurance, and unswerving purpose.
- The Nostrils wide and curved high, denoting vigour and force.
- The Eyes will be large, clear, full, denoting candour, courtesy, determination, and clear judgment.
- The Eyebrows will be thick, smooth and even, denoting good temper, shrewdness, wit, generosity, and undaunted courage.
- The Forehead will be broad, and flat in middle, denoting caution, reserve, imagination, and courage.
- The Head will be square fronted, and flat on either side, and deep from face to the back, denoting strong intellect, great insight and judgment.
- The Hair will be strong, stiff or wavy, denoting vigour and ardour.

Phosferine imparts the energy for sustained effort

Why Celebrities Gained Distinction

Mr. HENRY FARMAN

The Famous Aeroplanist, writes:—

"As an aeroplanist my nerve system is continually subjected to the severe strain of unexpected risks and hazards, but I have found Phosferine to be a splendid bulwark against all kinds of exhaustion. Phosferine imparts and stimulates a mental alertness and physical energy which has contributed immensely to the success of my aerial flights. At the present time I am in excellent health and spirits, both sleeping and eating well, and this desirable condition is certainly due to Phosferine."—22, Rue Avenue de la Grande Armees, Paris.



Mr. E. P. KINSELLA

The Famous Black and White and Poster Artist, writes :

(Originator of the "Hope of His Side" series)

"Phosferine is indispensable to me, and nothing fortifies me so well against nervous strain. My doctor says I cannot do better than continue with such an excellent tonic and recuperative."



DATAS

The Extraordinary "Memory" Man, writes :

"I have used Phosferine for the past six years, and am quite convinced that it is the best nerve tonic for the brain worker. My income is derived from the exercise of an absolutely perfect memory, and after several hours of committing dates and facts to memory, I naturally feel mentally exhausted, but Phosferine soon puts me right. As a preventive of neuralgia and sciatica, Phosferine is unrivalled."

(Photo by Clements, Brighton)



Mr. ALGERNON ASHTON

The Most Accurate Man in England.

Mr ALGERNON ASHTON has become famous by being "exact," and he is generally known as "the Corrector of the Press." He writes :—"I know that Phosferine is a splendid cure for neuralgia and other nerve disorders. I have seen instances in which people have been run down from overwork, suffering from brain-fag or influenza chills, and who were promptly restored to health and strength by a few doses of Phosferine."



Mr. Thos. M. LINDSELL

The Champion Typist, writes:—

"My work entails great rapidity and accuracy of action and extreme brain concentration, and this excessive application resulted in nervous overstrain, neuralgia and depression. Phosferine completely cured me and I recommend all who suffer from nervous complaints to use it—the effect was marvellous in my case."—53, Lillieshall Road, Clapham, S.W.



Phosferine Ensures Mental Alertness

THE FACE THAT CHARMS



WHAT IT DISCLOSES

- The shape of the Face will be rather plump, indicating best type of motherhood.
The Head will be small, rounded, well balanced, indicating humour, sound wisdom
The Forehead will be medium, broad, showing candour and sincerity.
The Chin will be soft, rounded, and dimpled, indicating a frank, sunny nature, with a desire to be loved.
The Lips will be plump, even curving, mobile, indicating sense and good humour.
The Eyes will be large, clear, well forward, indicating candour, courtesy, modesty, firmness, and clear judgment.
The Eyebrows will be smooth, well defined, slightly arching, indicating good temper, shrewdness, wit, generosity, and courage.
The Nose will be delicate, sensitive, with the tip slightly upturned, indicating vivacity, humour, tact, and charm.
The Nostrils will be curved high, with wide openings, indicating vigour.
The Ears will be firm, medium sized, with deep folds, set well back and high up, indicating high intelligence.
The Hair will be fine, silky and abundant, and if wavy, indicating an ardent, fastidious, artistic nature, strong enough to realise ideals ; if the hair is crisp and curling, a robust, vigorous, practical mind and a strong constitution.

Phosferine prevents nerve disorders that wreck beauty

WHAT MOTHERS HAVE GAINED



A Young Wife

Mrs. E. ALLISON, 38, Sussex Rd., London, N., writes: "The birth of our little girl left me utterly prostrated, a martyr to neuralgia, with a severe abdominal cold. Phosferine so marvellously improved my condition, that I feel able to rear my child."

A Grateful Mother

Mrs. L. BROWNING, 1, Westoe Road, Lower Edmonton, writes: "After the birth of my daughter Phosferine restored my strength so quickly, that I tried it for rheumatism in the head, and quinsy, and recovered rapidly."

An Experienced Mother

Mrs. A. MONK, 46, Brushfield St., Nottingham, writes: "My little girl was taken bad with whooping cough and measles and went very thin. Phosferine considerably improved her condition, and now she has rosy cheeks, looks well, and is always ready for a romp."

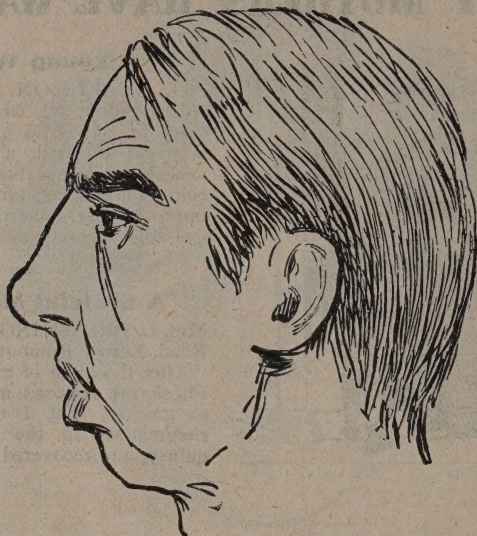
A Gardener's Wife

Mrs. P. HAZARD, Shirrell Heath, Botley, writes: "My children were so nervous and would scream and cling to anyone in the dark, but now Phosferine has made their nerves stronger, they are no longer afraid."



PHOSFERINE GIVES ENERGY WHEN MOST NEEDED

THE UNSUCCESSFUL FACE



HOW TO READ ITS SIGNS

- The Face will be rather full and heavy, signifying self-indulgence.
- The Head will be flat topped, low, and narrowing to front, signifying small mental energy.
- The Forehead will be narrow, low, receding, signifying a cunning mind and coarse nature.
- The Chin will be small and receding, signifying a weak will and vacillation.
- The Lips will be loose, with underlip hanging, signifying a weak, tricky character.
- The Nose will be large, swollen, and bulbous signifying gross living and thinking.
- The Nostrils will be narrow, indrawn, straight-edged, signifying low vitality.
- The Ears will be placed well forward low down, flat, and devoid of folds, signifying ignorance and brutality.
- The Eyes will be sunken, close together, signifying envy and spite.
- The Eyebrows will be thick and bushy, signifying a pessimistic and quarrelsome nature; or thin and even, proclaiming a weak-willed, timid, and non-persevering character.
- The Hair will be smooth, thin, untrained, signifying coarseness, selfishness.

Phosferine maintains brain and body in healthy activity

How Notable People Keep Young

The Hon. R. ERSKINE

The Distinguished Gaelic Editor, writes :

"I am convinced Phosferine is an admirable tonic, and an invaluable and indispensable aid to the brain-worker. Phosferine is to be highly recommended for brain-fag and the ill-effects of overwork. Its effects are—I speak from grateful experience—*miraculous*." — Taigh An Thraoich, Banchory Devenick, Aberdeenshire.



Mrs. UNA DE LOUTH

The Beautiful and Talented Society Reciter, writes :

"Phosferine has done more for me than all the doctors, for long standing and severe gouty pains in my head. Indeed, I have had instantaneous relief after taking only a few drops of your wonderful world-famed remedy, and I would never be without it on any consideration.

"Phosferine helps me and invigorates my system to a wonderful extent, and has marvellous and lasting effects."—8, Lansdowne Square, Hove, Sussex.

[Photo by Devereux, Hove]



CARUSO

The World's Greatest Tenor, writes :

"I have tried Phosferine and have pleasure in stating that I have certainly found it most efficacious when I am tired. With my best salutations."



MARK HAMBOURG

The Great Pianist, writes :

"I consider I have derived considerable benefit from the use of Phosferine and find it to be an excellent pick-me-up after my recitals."



Captain E. SYCAMORE

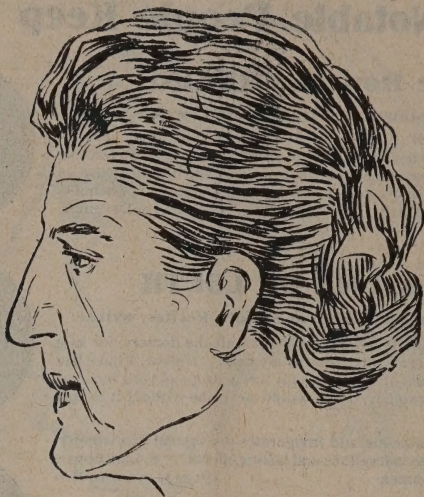
The Famous Yacht Captain

CAPTAIN E. SYCAMORE, who sailed *Shamrock II.* for Sir Thomas Lipton in the races for the America Cup, writes : "I derived very great benefit from Phosferine. It has been wonderfully helpful to me on many occasions, both for rheumatic and neuralgic troubles brought on by exposure and excitement of yacht racing. Its revivifying effects are as instantaneous as they are permanent."



Phosferine prevents the body wearing itself out

THE FACE WITHOUT CHARM



THE WARNING IT GIVES

The Face will be bony, broad in the jaw, lean, revealing shrewishness, meanness, an ill-natured gossip.

The Head will be large, round, narrowing and flattening to front, revealing less than average understanding, and much self-appreciation.

The Forehead will be small and narrow, revealing cunning, lack of consideration

The Chin will be protruding, revealing shrewishness.

The Lips will be thick, soft and long, revealing peevishness and ignorance.

The Nose will be thin, incurving, pinched, short, and sharp ridged, revealing quarrelsomeness and distrust.

The Nostrils will be straight edged, narrow, sunken, revealing poor vitality.

The Eyes will be hard, small, watchful, revealing suspicion, unscrupulousness.

The Eyebrows will be thick and irregular, revealing a quarrelsome nature

The Ears will be small, rather flat, with few folds, placed well forward and low down, revealing ignorance and harshness.

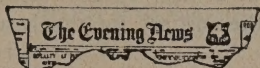
The Facial Lines will be deep downward lines from the inner corners of the eyes, and the nostrils, also hard, short, perpendicular lines from the lower corners of the mouth, revealing a cruel, bitter, relentless nature.

The wrinkles will be slanting, and deeply marked, on the forehead, with downward curves revealing narrow mindedness.

The Hair will be coarse, thick, dull, short, revealing self-indulgence, animalism.

Phosferine gives vitality to banish nervous irritability

THE PRESS COMMENDS



"Of medicines and preparations to restore those nervously undone, Phosferine is the most widely used."



"Town dwellers can replace lost vitality and energy with a course of Phosferine, an energising and rejuvenating tonic."



"One of the best remedies for lassitude and nerve tiredness is that excellent nerve tonic, Phosferine."



"In a generally run-down condition, we assure readers they cannot do better than take a course of Phosferine."



"In numbers of cases, immunity from Influenza can be attributed solely to a daily course of Phosferine"



"The use of Phosferine, which is a harmless, yet powerful nerve tonic, I can confidently recommend."



"Phosferine has a beneficial effect on Influenza and alleviates Rheumatism and Gout."



"For those susceptible to holiday changes, Phosferine is a certain safeguard against nerve disturbance."

Phosferine is used by men qualified to know its worth

CHARACTER AT A GLANCE

WHAT THE SHAPE OF THE FACE TELLS

The Shape of the Face—If rather full, in a man, signifies self-indulgence, but in a woman indicates the instinct for the best type of motherhood.

If firm and thin, in a man, is a sign of self-control and restraint, in a woman, reveals a capacity for a devoted wife, but indifferent as a mother.

WHAT THE SHAPE OF THE HEAD MEANS

The Shape of the Head—When large and round, average understanding, self-appreciation, and over estimation of own abilities.

When square fronted, and flat on either side, and deep from the face to the back, shows strong intellect, great insight, and judgment.

When small, round, with oval face, reveals brilliant artistic sensibilities, humour and sound wisdom.

HOW TO READ FOREHEADS

The Forehead—If large and rounded indicates frank and honourable nature.

If flat in middle, broad, shows caution, reserve, imagination, courage.

If narrow, low, receding, an inferior and cunning mind, coarse nature.

IT SHOULD BE UNDERSTOOD

That in reading character the *entire* features may show a predominance of good qualities and thus discount any weakness. Blue, sunken eyes, and flat nose for instance, would portray brutal jealousy, cunning and dishonesty ; whilst blue eyes with a strong nose and chin, would indicate boldness, capacity, courage, adventure, &c.

PHOSFERINE MAKES ENERGY TO REPAIR BODILY WEAR

WHAT CHAMPIONS TRAIN UPON

GUNNER MOIR

Trainer of Hackenschmidt, and Ex-Champion Heavy-weight Boxer, writes:—

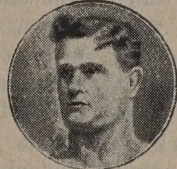
"I know of no other means of counteracting staleness when training which can in any way compare with Phosferine. In the matter of overtraining, my general rule is to keep on with my daily work and at the same time to take one or two doses of Phosferine, which I always keep handy in case of accidents."



CONSTANT LE MARIN

Hackenschmidt's Great Rival, writes:—

"I consider Phosferine a great factor in the formation and increase of stamina, and the maintenance of great muscular activity. As a recuperative and sustaining tonic both before and after a contest, I find Phosferine *par excellence*, and I am confident that it is the very best aid in keeping one in battle trim."



G. A. BARNES

The World's Champion Motor Cyclist, writes:—

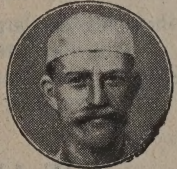
"The strength and steadiness of my nerve is principally due to a regular use of Phosferine. I find Phosferine stores up energy and prevents the limps and fatigue which mean utter failure in such a hazardous calling as I pursue. Phosferine braces the entire nerve system and is a splendid corrective for nervous disturbance."



R. SHIRLEY

Holder of the 100 Miles Road Cycling Record, writes:—

"I am quite sure that much of my success is due to the energy and vigour I have derived from Phosferine, and I attribute my increased capacity for mental and bodily endurance to the vitalising properties of tonic. Phosferine pulls me together when run down, and gives me a fresh start, and is really a wonderful remedy and preventive in neuralgia and sleeplessness. Phosferine gives me new life and energy, and in training particularly, keeps me in splendid condition."—16, Hornsey St., Holloway Rd., London.



A. E. WILLS

The Marvellous Speed Record Cyclist, writes:—

"I attribute my success as a motor paced cyclist to the fact that for the last two years I have relied on Phosferine as my source of nerve and stamina. I rode 61 miles 942 yards within the hour at Munich on Aug. 17, '08. I am certain that had it not been for my constant reliance on Phosferine I should not have beaten the record. Phosferine stands to me for everything in the way of nerve force, energy and stamina. It has practically doubled my staying powers and given me a vitality which previously I did not possess. Your preparation does not over-stimulate or cause any unnatural action."



Phosferine gives Force and Energy for sustained effort

CHARACTER AT A GLANCE

WHAT THE EYES DISCLOSE

The Colour of the Eyes—It should be borne in mind that the eyes which cannot sustain a direct glance, may be weak, or indicate a nervous or thoughtful individual.

Some of the most notorious rogues have a bold, challenging glance.

Grey eyes usually accompany a strong constitution, an average intellect, an untiring worker, slow, honest, of uncertain ambition, quick temper, and indifference to danger.

Blue eyes are most often found in people susceptible to bodily ailments, pleasure loving, suspicious, jealous, and possessing capacity, hopeful, hot tempered, and flirtatious.

Black eyes denote wit, originality, impulsiveness, scheming, choleric nature, and physical endurance.

Hazel eyes indicate keen nature, far seeing, humourous, good natured and lovable.

THE POSITION OF THE EYES MEANS MUCH

The Position of the Eyes is Important—If placed well forward and small, they denote sociability, liveliness, quick wit, and honour.

If the eyes are large, clear, and full, they will be accompanied by candour, courtesy, modesty, determination, and clear judgment.

If sunken, and near together, they reveal envy, spite, cunning, and bad principles.

THE LIPS REVEAL THE NATURE

The Lips are real tell-tales of the disposition—Thick, soft, and long lips belong to peevish and easily deluded people.

Loose underlips are found in weak, nervous, tricky individuals.

Plump, even, mobile lips distinguish sensible, good humoured folk.

Long, thin lips denote humour, liveliness, industry, and courage.

Indrawn lips, betray a secretive unchangeable, repressed and cold nature.

PHOSFERINE PREVENTS THE BODY RUSTING INTO AGE

THE PRESS COMMENDS

Family Doctor

The Editor says—"The excellent qualities of Phosferine are held in well deserved esteem."

Health

"For nervousness we commend, Phosferine—a dose after each meal three times a day."

Science Siftings

"Phosferine is well calculated to stimulate the functions of the brain, and increase muscular strength."

Health & Strength

"It is a thoroughly sound policy to select Phosferine as a remedial tonic for overstrained nerves."

Apollo's Magazine

"Readers will find a sovereign remedy in Phosferine for mental depression and muscular inactivity."

T.P.'s Weekly

"The serious danger of brain-fag and nervous breakdown is obviated by Phosferine, which invigorates."

Phosferine is recommended by the highest authorities

CHARACTER AT A GLANCE

THE EVIDENCE OF THE CHIN

The Shape of the Chin should be carefully noted—If square and well defined, it indicates firmness. Reason rules love in this type.

A small and receding chin, shows a weak will and vacillation.

A protruding chin may indicate humour in a man, shrewishness in a woman.

Pointed chins reveal a desire to love.

Dimpled chins, a desire to be loved.

The chin that turns up, and has a delve in it between the tip and the lip, means a surly, crabbed disposition, and obstinacy.

The soft, rounded chin, shows its possessor to be frank, and sunny natured.

THE EARS CERTIFY THE TYPE OF MIND

The position of the ears is a most trustworthy index to character—If the ears are set well back (especially with a square chin) with the openings on a line with the eyes, it denotes high intelligence. Even if accompanied by a weak, loose mouth, or sloping forehead, such ears redeem the defects.

The base of the brain is on the line between the eye and the ear, and the longer this line, the better foundation the brain has.

If the openings of the ear are low, well forward, and on a line with the lips, this denotes criminal tendencies.

Large ears indicate stupidity. Small ears denote madness.

A firm, medium-sized ear, with deep folds, shows refinement, culture and intelligence.

Square looking ears indicate high purpose and nobility of spirit.

Flat ears, devoid of folds, portray ignorance and brutality.

NOTICE THE TEETH

Large, regular teeth, not crowded, express determination, generosity.

Small, regular teeth, denote quick temper, shrewdness.

Irregular teeth denote ingenuity, sometimes misdirected.

Phosferine impels the nerves to repair irregularities

How Leading Men Acquire Vigour

Mr. A. E. GAUDRON

The only Balloonist who crossed the North Sea, writes:

"In hardening the system and enabling one to withstand the bad effects of exposure to inclement weather Phosferine is most efficacious and I am sure it enables me to maintain a normal action of the heart and to successfully repel the attacks of rheumatism and neuralgia to which I am liable."—Alexandra Palace, London



PERCY F. BUSH

Captain of Welsh International Rugby, writes:

"I have used Phosferine for many years and can highly recommend it to all athletes. Phosferine prevents that muscular fatigue usually due to over-training, and it is an excellent remedy for chills, sometimes contracted after violent physical exercise. Men who train on Phosferine have the endurance to stay out the hottest play without feeling stiff or slack afterwards."—Bryn Asaph, Romilly Road, Cardiff.

[Photo by A. & G. Taylor, Cardiff]



CHARLES W. GARDINER

THE 1909 MARATHON WINNER

(Windsor Castle to the Stadium, May 22, 1909)

Time, 2 hrs. 53 mins. 23½ secs.

Charles W. Gardiner writes: "I naturally feel elated at winning the Marathon, and I am extremely grateful for the substantial part which Phosferine contributed to this happy result. The Tonic, in fact, proved my greatest mainstay, giving me such vitality, that after my great effort I experienced none of that utter exhaustion usual after such trying runs."—23, Marsala Road, Lewisham.



W. G. GEORGE

England's Celebrated Runner, writes:

"When feeling a cold or chill approaching, for acute neuralgia or nervous breakdown, for rheumatism and sciatica, I have found Phosferine exceedingly effective and speedy in its action.

"My success in many a hard fought event in all climates has been due to the inestimable worth of Phosferine."—25, Tadmor Street, Shepherd's Bush, London.



C. W. ALLEN

The Champion Long Distance Pedestrian, writes:

"I first used Phosferine during my 2,000 mile walk and found that it gave me remarkable energy and staying power. Phosferine is the finest creator of nerve force, and preventive of muscular collapse and fatigue imaginable. Phosferine is a first-rate appetiser, and quite indispensable to those who are subject to great physical and mental exertion."—43, Nithsdale Avenue, Market Harboro'.



Phosferine Perpetually Renews the Vital Forces

CHARACTER AT A GLANCE

THE NOSE IS A TRUSTY INDEX

The Shape of the Nose—A delicate, sensitive nose, with the tip slightly upturned, accompanies vivacity, humour, tact and charm.

A prominent, hooked, or Roman nose, indicates an inquisitive, dominating, resourceful nature.

A long, straight nose, usually indicates caution, and good business abilities. If fleshy at end, denotes choleric and humourous qualities

A short, fleshy, spreading nose, denotes courage and animalism. If notably flattened, active, criminal tendencies.

A large, bulbous nose, shows gross living and thinking.

A thin, sharp, high-ridged nose, indicates strong and high principles, and a certain amount of asperity.

The Jewish nose, with the hump high up, and wide nostrils, shows great aptitude for contriving and scheming, and keen penetration, exacting and acquisitive.

The Nostrils—It is the nostrils which indicate whether a man has the energy to use his abilities.

If the openings are wide, and curved high, it denotes the possession of vigour and force; but if narrow, indrawn, and tending to straightness, it is evidence of inactivity, low vitality, such as will render mental power useless for want of energy.

The Eyebrows—If thick and bushy, show a quarrelsome and pessimistic nature.

If thick and smooth, good tempered, shrewd, witty, generous, and of undaunted courage.

If thin and even, weak willed, timid and not persevering.

THE WRINKLES MARK THE MENTAL ACTIVITY

Wrinkles in Forehead—Slanting wrinkles in the forehead, denote poor mental powers. Arching wrinkles, indicate stupidity.

Parallel, even, regular wrinkles, denote great intelligence and wisdom

Perpendicular wrinkles between the eyebrows, denote concentration and reason. Down-curving wrinkles, denote weak characters.

Phosferine replaces energy expended in physical exertion

THE PRESS COMMENDS

HOME NOTES

August 6, 1908

"Phosferine provides the very best means of recreating and establishing that reserve of nerve force essential to success. Phosferine makes the unfit fit."

WOMAN'S LIFE

November 7, 1907

"A good stock of nervous energy is built up by Phosferine, real nerve force which enables men and women to retain their vigour."

OUR HOME

March 7, 1908

"Phosferine is a first rate tonic, especially good for those people with a tendency to anæmia."

BOUDOIR

October, 1906

"Phosferine is truly a powerful nerve and recuperative tonic, with remarkable health- and strength-giving properties, removing mental depression, &c."

LADY'S WORLD

October, 1906

"Phosferine is invaluable in calming and resting the nerves of sensitive and excitable children."

FAMILY HERALD

November 28, 1908

"We commend Phosferine for the nervous, it is both an easily acquired and good medicine."

Phosferine is selected by the most experienced people

CHARACTER AT A GLANCE

THE HAIR DENOTES CULTURE AND ABILITY

The Hair—If fine, silky, and abundant in a man, means an ardent, fastidious nature, with power to realise great ideals. Strong constitution. Smooth black hair, even tempered, obstinate, flirtatious, imitative in habits and thought.

If black and curling, it implies unsettled habits, amorous and lacking foresight.

In a lady, black hair shows temperate disposition, neither intense in love or anger, but steady in opinions.

Brown hair in a lady, means constant in love, discreet conduct, and an excellent mother.

Golden hair in a man, denotes a dreamy, reflective nature, industrious and religious, but with a weak constitution.

A lady with similar hair is usually a robust, passionate individual

Red hair in either man or woman, denotes great ardour.

Brown hair, in a gentleman, accompanies a robust, chivalrous, generous nature, firm will, stout fighter and versatile.

THE FACIAL LINES BETRAY HABITS

Lines on the Face are very Expressive—Humour is indicated by short, curved lines at right angles to the corners of the mouth, and depressions in the lower cheeks.

Despondency by a downward droop of the mouth, with well marked lines running downwards from the corners.

Success, in business and pleasure, ability to get the most out of life, is shown by deep, perpendicular lines running from the cheek bone, beneath the eye, to below the line of the mouth.

Masterful, or strongly emotional nature, has a deep indented line from the nostrils to the corners of the mouth.

If this line is thin and scarcely discernible, shows lack of principle, and if absent, powerful self-control. Should this line join the corners of the mouth it indicates stupidity.

Phosferine supplies nerve force needed by active minds

An Inexpensive Tonic Wine

- A Delightful Appetiser** PHOSFERINE. A most delightful appetiser and pick-me-up is made by adding from 8 to 10 drops of Phosferine to a little Sherry, Port, or Orange Wine.
- Strengthening and Nutritious** PHOSFERINE forms an inexpensive and most valuable strengthening and nutritious tonic wine, if a small (1/1½ size) bottle is added to a pint bottle of any of the above wines. After well shaking, this tonic wine is at once ready for use. About half-a-wineglassful should be taken three or four times a day, as required.
- Excellent for Children** PHOSFERINE is usually given to children in water, but many of them prefer it in Lemonade, which at once forms a delightful refreshing beverage, retaining all its medicinal virtues. Adults may take it in spirits and water with the same advantage as when taken with plain drinking water.
- Has no Unpleasant Features** PHOSFERINE unlike other tonic medicines, does not injure or blacken the teeth, or upset the stomach and cause constipation, on the contrary, it will be found beneficial in these conditions.
- Most Economical** PHOSFERINE may be taken at all times with benefit ; there is no possible objection to its continued use either as an appetiser or a general strengthening and nerve remedy, and being highly concentrated, it is economical in use.
- Immediate Results** PHOSFERINE is pleasant to take, has immediate and permanent results, does not cause headache or constipation.
- Other Ailments** PHOSFERINE should be administered in other ailments not specially dealt with in this book, in doses of 5 to 10 drops three or four times daily. Under 14 years, half the above quantities, under 7, one fourth.
- Small Cost** PHOSFERINE is sold (in Great Britain) in bottles, at 1/1½, 2/9, and 4/6 by all Chemists, Stores, &c., or by post, 1/3, 3/- and 4/9. The 2/9 size contains nearly four times the 1/1½ size.

Phosferine is the most powerful and reliable nerve specific

Directions for taking Phosferine

- Phosferine** Being of a very highly concentrated nature, a few drops have the maximum of medicinal value. Phosferine is a potent strengthening medicine, restorative, and nerve energiser, gentle in its action, perfectly harmless, and promotes the secretion of the digestive fluids.
- Neuralgia, Toothache, Sciatica** Ten drops in a wineglassful of water, or soda-water, followed in half-an-hour by another dose of ten drops; then, if necessary, a dose of five drops every two, three, or four hours, as required. Afterwards, to prevent a recurrence of the pain, five drops night and morning for two or three days.
- Influenza** Five to eight drops in a little water, or soda-water, every three hours; for the after weakness and depression the same quantity at rising, noon and bedtime.
- Rheumatism, LUMBAGO, GOUT**—Five to eight drops in a tablespoonful of water, or soda-water, at rising, noon and bedtime.
- Debility, WEAKNESS, LASSITUDE**—Five to eight drops in a tablespoonful of water, at rising, noon and bedtime.
- Indigestion, Anæmia** Loss of Appetite, Weak Stomach, Impure Blood—Five to eight drops in a tablespoonful of water, or soda-water, three times a day.
- Brain Fag, Sleeplessness** Five to eight drops in a tablespoonful of water, at rising, noon and an hour or two before bedtime.
- Nervous Headache** Five drops in a tablespoonful of water three times a day; afterwards a dose night and morning as a preventive.
- Other Disorders** Five to ten drops three or four times daily. The dose may, in all instances, be administered before or after meals as preferred. Under fourteen years, half the above quantities; under seven, one-fourth.

Price (in Great Britain), Bottles $1\frac{1}{2}$, 2/9 and 4/6; or by post 1/3, 3/- and 4/9. The 2/9 size contains nearly four times the $1\frac{1}{2}$ size.

Phosferine Promotes the Secretion of Digestive Fluids

SANACINE

NATURE'S LUNG HEALER

An invaluable remedy for

COUGHS	INFLUENZA	WHOOPIING COUGH
COLDS	ASTHMA	HOARSENESS
AGUE	CATARRH	SORE THROAT
QUINSY	BRONCHITIS	CHEST WEAKNESS

and Disorders of the Lungs, Chest, and Throat.

SANACINE prevents the wasting and tearing of the Tissues that occurs in violent colds, clears away the congested phlegm, and speedily allays irritation and inflammation of the respiratory organs, so that, after a dose or two, breathing becomes quite easy and normal. Sanacine strengthens the lining of the throat, enables it to rapidly throw off the effects of cold, and encourages the growth of new, healthy Tissue to replace that destroyed by disease.

SANACINE dispels the 'stuffy' feeling experienced in head and chest and restores the sense of taste.

Influenza and other virulent forms of cold easily yield to the vigorous curative action of Sanacine, and if a few doses are taken in the early stages the severity of an attack is at once diminished and its duration greatly reduced.

SANACINE TABLETS

A concentrated, compact and handy form of SANACINE particularly serviceable to public speakers, actors, singers, travellers, clergymen, &c.

The Tablets alleviate throat distress almost instantaneously. They are pleasant to the taste, readily dissolve in the mouth, expel the congested mucus, and may be taken alone or with SANACINE, and a speedy and permanent cure results from their use.

Sanacine is guaranteed perfectly harmless and may be administered to children as directed.

Price in Great Britain: Bottles 1/1½, 2/9, and 4/6, or in Tablet Form in Boxes 1/1½ and 2/9. Sold by all Chemists, Stores, &c.

or post free from the Proprietors:

Ashton & Parsons, Ltd., La Belle Sauvage, London, E.C.

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